



The Balance - StressMap®

Job stress is a major factor in the use of employee absenteeism. Statistics Canada calculates the annual cost of work time lost to stress at \$12 million.

The Balance - Managing Stress *(Keynote, half day & one day formats)*

The session was developed using the latest research and data Patterson McGrath & Associates has gathered and created on women and Stress.

What is the key to creating balance and managing the stress at work and at home? How do we create that balance so we can function at a higher level? What different challenges do women face?

This highly interactive and motivational program uses the StressMap®, Canada's best selling stress assessment tool. Participants will identify areas for improvement and learn how to utilize their strengths to create a more manageable balance at work and home.

StressMap® is an award-winning, scientifically valid tool for assessing stress and the skills for turning stress into performance. The Map pinpoints strengths and vulnerabilities, detects burnout zones and helps participants chart new strategies for enhancing personal health and overall performance.

(StressMap® is available in French and English)

Participants will:

- ❖ Use the StressMap® to create a map to success - StressMap is Canada's #1 Stress Assessment Tool
- ❖ Discover new skills and techniques for managing stress
- ❖ Learn powerful techniques that will help identify warning signals of distress
- ❖ Develop a personal Action Plan for change using the New Directions Workbook

This session may include the following components:

- ❖ Assessments
- ❖ Group work
- ❖ Video
- ❖ Individual work
- ❖ Action planning